

# CORPORATE EXPERIENCES

Set in the High Sierra in Truckee, California, Tahoe Mountain Fitness is perfectly suited to host your corporate event, from 8 to over 100 people! Easily accessible from all Northern California drive markets and the Reno-Tahoe International Airport, Tahoe Mountain Fitness's mountain setting is a stunning backdrop for modern venues and professional services that will accommodate all of your corporate event needs.



**TAHOE MOUNTAIN  
FITNESS**

CYCLE | PILATES | KARATE | LES MILLS  
TAHOEMOUNTAINFIT.COM

**12047 Donner Pass Road, Truckee, CA 96161**

**530.412.3548**

# Tahoe Mountain Performance

Did you know when we experience challenges together, we are more bonded and interested in one another's success?

*A Revolutionary Team Building Experience*

**01**

**Staff of Personal Trainers has over 30 years combined experience**

**02**

**1 of 8 immersive studios in the U.S.**

**03**

**Experienced Sensei to bring your teamwork to new heights**

**04**

**Train at elevation like the Olympians do**



## The Trip

Tahoe Mountain Fitness is home of THE TRIP - a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, THE TRIP takes motivation and energy output to the next level.

## The Box

Martial Arts is making a comeback in a big way! At Tahoe Mountain Fitness you will experience the benefits of training your mind like a boxer in The Box where teams of 10 can learn how to jab, hook, upper cut, defensive guard and block. Gloves and hand wraps available and required.

## Fitness

Tahoe Mountain Fitness offers additional fitness programming to meet your group's needs. The fitness space can accommodate groups of up to 40 people at one time in a variety of capacities including Yoga, weight lifting and high intensity interval training (HIIT).

## Pilates

Joseph Pilates has stated that "Physical fitness is the first requisite of happiness" and Tahoe Mountain Fitness is home to an 8 person Pilates studio with PMA certified Pilates instructors who can lead your team into happier lives, which means happier workers!



*Tahoe Mountain Performance costs vary by option(s) chosen, number of participants, availability of space and trainers. Please reach out to Carlene Beck for a personalized quote!*

# Meeting and Event Venues

# Tahoe Mountain Getaway

*A casual environment to host your next board meeting, staff retreat or company picnic.*

## MEETING SPACES:

### The Main Studio

Seating for upwards of 100 individuals with tall ceilings and AV capacities on 70" television.

### Room Ride

If not participating in an immersive fitness experience, the equipment can be cleared to accommodate your group of up to 50 and access to AV equipment on our 32'x10' curved screen.

### Private Training Room

Seating for up to 20 individuals with tall ceilings and AV capacities on a 55" television.

### Lobby and Reception

Beautifully designed open space available for hosting informal drinks and dining for groups of up to 30 with AV capacities on a 60" screen.



A flat fee of \$150/hour room rate applies and does not include AV capabilities.



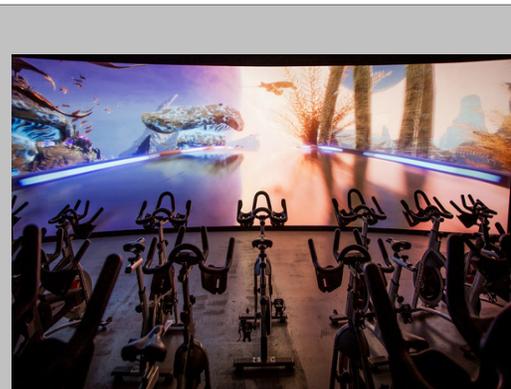
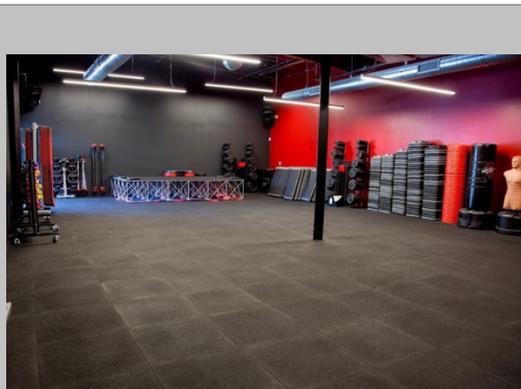
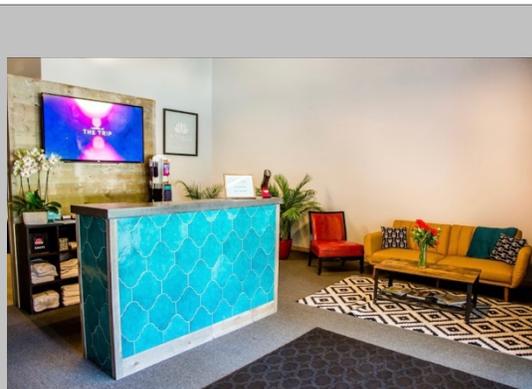
Need dining or drink help? We can supply that with one of our many local partners. We will bring the best of Truckee to you!



Escape to the mountains! Let us help you create and experience that will leave your team inspired, connected and refreshed.



Tahoe Mountain Fitness can provide shuttle options for your team.



# Group Activities

*Give your team a unifying experience they'll be remembering for years!*

Unite your group in any season. North Lake Tahoe offers a wide range of year-round activities, from archery and golf in the warmer months to sledding and skiing in the winter. From dining to pampering. Explore more with your corporate team.



**Spa and massage with our local partners**



**Truckee is home to over 10 golf courses!**



**Water sports on Lake Donner and the Truckee River**



**Truckee is a benchmark destination for world class skiing and snowboarding**



**There are 17 miles of scenic paved trails in Truckee. Cleared for use in winter!**



**Get amongst it! American's spend 93% of their time indoors!**



**"mens sana in corpore sano" is the latin translation for "a healthy mind in a healthy body"**



**Let our award-winning team custom tailor an event to your group in a corporate experience to be remembered.**

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